

SWEET POTATO MASH

INGREDIENTS:

- 6 small-medium sweet potatoes**
- 4 pats of unsalted butter, or ghee**

DIRECTIONS:

Scrub and wash the potatoes, and cut off any bad parts or ends.

Peel off the skin, cut the potatoes into smaller chunks, and place them into a steamer pot.

Steam on low heat for about 30 minutes, or until soft.

Place the sweet potatoes and butter into a bowl and mash them until creamy.

Serve and ENJOY with chicken, duck, lamb, or a bowl of homemade soup.

Serves 2

Use **organic** ingredients

Suitable for O, B & AB blood types

Native to Central and South America, the **sweet potato** is one of the oldest vegetables known. Relics discovered in Peruvian caves attesting to this, date back 10,000 years. Sweet potatoes were brought to Europe by Christopher Columbus in 1492. By the 16th century, they were brought to the Philippines by Spanish explorer. Then, around the same time as they were cultivated in the southern United States, they were brought to Africa, India, Indonesia, and southern Asia by the Portuguese.

China grows about 80 million tons of sweet potatoes a year. Africa grows about 14 million tons, while the US produces about 1 million tons, with North Carolina being the largest U.S. producer.

Belonging to the *convolvulaceae* botanical family and *Ipomoea batatas*, botanical genus, the sweet potato is very different from both the yam (native to Africa and Asia) and the common potato.

The sweet potato comes in orange, purple, and white flesh. The orange flesh variety is one of the richest sources of beta-carotene (214%). The darker the color, the richer the beta-carotene. The purple flesh variety is very rich in anthocyanins (peonidins and cyanidins), and 3.2 times higher in antioxidant activity than blueberries.

The sweet potato is also rich in vitamins C and B (pantothenic acid, B6, biotin in particular), manganese, copper, potassium, fiber, and phosphorus. Because of this, the sweet potato is a nutritious staple food in many parts of the world. The sweet potato also has antibacterial, antiviral, and anti-inflammatory properties. Its phytonutrients help the body eliminate heavy metals and oxygen radicals. Adding fat, such as butter, enhances the absorption of the beta-carotene.

Unlike the commercial potato, the sweet potato is not fattening. Because of its high nutrient and fiber content, it helps maintain a normal blood sugar level.

Select sweet potatoes that are firm, rich in color, free of bruises and cracks, and displayed in a cool bin. AVOID refrigeration or cold temperature, which alter their taste. Store them in a cool (60°F/15°C), dark, well ventilated place; either loose or in a paper bag with air holes, where they will keep fresh for up to ten days.